

IDAHO BARLEY NEWSBRIEF

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Idaho barley check-off dollars at work...Earning big dividends from research –

The IBC has invested about 28% of its budget on research this year, with significant variety development and agronomic studies at the USDA ARS in Aberdeen, University of Idaho, Oregon State University and Washington State University.

According to many independent studies, there is strong and consistent evidence that agricultural research investments yield high returns per every dollar spent. **A study by the USDA Economic Research Service calculates the rate of return on publicly funded agricultural research at 53%**, due in large part to the unique and efficient structure of the U.S. agricultural research and development system. That is definitely worth giving thanks!!



Celebrating foods grown in Idaho



It is that time of year when we take stock of the productive year that has nearly passed and express our deepest appreciation for the many blessings that have been bestowed upon each and everyone of us. For those of us in the business of producing food, we also may savor that extra ounce of satisfaction we get from producing vital nourishment for millions of fellow Americans and others around the world.

I hope this year we all can take a moment to think about ways of increasing our consumption of foods grown across our great state. To help Idaho consumers better appreciate Idaho-grown products, the Treasure Valley Food Coalition initiated a project last winter ... the Year of Idaho Food...to bring consumers across the state together over the subject of food, focusing not only on the diversity, but also on the social, economic and environmental significance of foods grown in Idaho.

This holiday season you can reward yourself by consuming locally produced foods. For ideas on Idaho products and preparation ideas, please visit the Idaho Preferred website at www.idahopREFERRED.org. This site will direct you to product listings, restaurants and retailers that feature locally grown products and a variety of great recipes using Idaho foods.

— Kelly Olson, Administrator, Idaho Barley Commission

**May good food and
fellowship be in
abundance in the
coming year.**

Idaho Barley Commission



Barley-Stuffed Squash

1 cup pearl barley
 1/2 cup chopped onion
 1/2 cup chopped celery
 1 cup shredded carrot
 Butter
 3 cups chicken broth
 1/2 teaspoon thyme
 2 medium acorn squash (about 1 pound each), halved and seeds removed
 Salt

In large saucepan over medium heat, sauté barley, onion, celery and carrot in 2 tablespoons butter until barley is lightly browned. Add chicken broth and thyme. Bring to boil. Reduce heat, cover and simmer 45 minutes or until barley is tender and liquid is absorbed. In the meantime, place squash halves in greased baking dish, cut-side down. Bake at 400° F for 30 minutes or until squash is tender. Remove squash from oven and turn, cut-side up. Sprinkle lightly with salt. Spoon equal portions of cooked barley mixture into centers of squash. Drizzle with 2 tablespoons melted butter. Return filled squash halves to oven. Bake at 350° F for 20 minutes longer. Makes 4 generous side dish or entrée servings.



Stuffed Chicken Breast with Spiced Cranberries & Barley

Barley Filling:

1 cup pearl barley, uncooked
 1/2 cup sliced fresh mushrooms
 1/4 cup diced onion
 1/2 cup diced celery
 3/4 cup chopped dried cranberries
 1 teaspoon grated orange peel
 1 Tablespoon minced garlic
 1/2 teaspoon salt
 1/8 teaspoon cinnamon
 2 1/2 cups low-sodium chicken broth
 1/4 cup toasted almonds
 6 boneless skinless chicken breasts, 4 to 5 oz.

Breading Mixture:

2 cups bread crumbs
 1/2 cup parmesan cheese
 parsley and garlic to taste
 1/4 cup olive oil

In a sauce pan, combine all the filling ingredients from barley to cinnamon. Add chicken broth, bring to a boil, then simmer until barley is tender and all liquid is absorbed (cooking time will vary from 20-40 minutes depending on the type of pearl barley). Stir in almonds when cooled. With knife, split chicken breast, and coat with breading. Stuff with 1/4 cup of barley mixture. Bake at 300° oven for 25 to 30 minutes. Serves 6.

Idaho Barley Commission bestows service awards at tri-state grower convention in Spokane

Tim Dillin, chairman of the Idaho Barley Commission, presented two service awards at the annual grower convention held November 16-18 in Spokane, WA.

The first was the **IBC's 2011 Idaho Barley Industry Service Award**, which was presented to **Ron Elkin**, District II barley commissioner from Buhl who is serving his 6th and final year on the commission. Ron was recognized for his excellent service to the commission and growers across the state for the past five and a half years. In addition to a variety of in-state activities that Ron has spearheaded, he also has served on two national boards on behalf of Idaho barley producers – the National Barley Improvement Committee which lobbies for federal barley research funding from 2007 to 2010 and the US Grains Council which develops international markets for barley and other coarse grains for the past two years.

The second award - **the Idaho Barley All Stars Award** - is a rare and special tribute that the IBC reserves for those individuals and organizations who have made tremendous contributions to the barley industry in Idaho. This special award was presented to the **entire staff of the USDA Risk Management Agency Regional Office in Spokane, WA**. The RMA staff were singled out for their sustained and successful efforts to improve barley crop insurance for Idaho barley producers. These efforts began many years ago and have included several significant achievements, some of which include:

- ◆ Important changes to the quality specifications for the Malting Barley Endorsement.
- ◆ Creation of a Winter Barley Endorsement to insure winter planted feed and malting barley.
- ◆ Creation of a new stand-alone Specialty Type Barley insurance product that was first available in 2010 that allows Idaho's malting and food barley crops to be insured at actual market value.
- ◆ Major improvement in 2011 in how the price guarantee is determined for the underlying feed barley insurance coverage. This change resulted in a \$.45 per bushel gain in the guarantee price for 2011 spring barley insurance coverage.



Thanksgiving Dinner Costs More in 2011

According to the American Farm Bureau Federation annual market basket survey, the average American Thanksgiving dinner will cost about 13% more this year, due largely to an increase in turkey prices. The AFBF estimates it will cost \$49.20 to feed about 10 people, up \$5.73 from a year ago.